

# Recipe

## italian beef pasta

Our new italian beef pasta is a simple but ever so delicious classic beef ragu with carrots, mushrooms, tomatoes, and lots of tasty herbs, all mixed up with macaroni pasta. Cheese lovers can top this pasta dish with grated cheddar either before cooking or served in a separate bowl to encourage children's independence.

### Ingredients

A glug of cooking oil	1 red pepper - chopped	500ml water
1 small onion - chopped	1 small sweet potato - grated	1 beef stock cube
1 small punnet of mushrooms - chopped small	3 garlic cloves - finely chopped	1tbsp marmite
1 carrot - chopped or grated	100g red lentils	2 sprigs of rosemary (leaves only - chopped)
300-500g beef mince	1tbsp tomato paste	1tsp oregano
dried mushrooms - 5 pieces chopped	600g passata	Pinch of black pepper
	1 tin of chopped tomatoes	

### Method

Add oil to a wide based pan on medium heat, and wait for the oil to get hot. Add chopped onion, mushrooms, and carrot and allow to gently cook for at least 15 minutes, only stirring now and then, until any water that gets released has evaporated and veg has started to caramelise.

Once veg is golden, remove onto a plate and then add a splash more oil to the pan before adding the beef mince. Cook the beef for 10 minutes, or until it has golden brown edges.

Add caramelised veg back into the pan with the browned beef and add red peppers, sweet potato, red lentils, tomato puree, and garlic. Give everything a good stir to combine.

Add chopped tomatoes, passata, water, stock cube, marmite, rosemary, dried oregano, black pepper, and dried mushrooms. Allow sauce to simmer, stirring occasionally for at least 1 hour until it has reduced and is thick and rich.

Please note: This recipe is correct at the time of publication on 22/05/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

**Nutritious delight with every bite**

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